



The Nutshell

AUGUST 2003
Volume 17
Number 8

Newsletter of Burr Oak Woods Conservation Nature Center

Another new class of volunteers has now begun service at Burr Oak Woods and we couldn't be happier to have them on board. Volunteers at BOW provide an incredible service, helping make this nature center very successful and popular. From Jim, Marvin, Kim, Jeff and others who work with children and adults at our bi-monthly family fishing programs, to Joe, Don, Carol, Joyce, Sally and others that help with school and other group programs, our volunteers provide many opportunities to share their love of nature with people of all ages. And, these are only a few of our dedicated volunteers; I could fill the newsletter with the others and all they do, altogether averaging



nearly 500 hours per month.

Recently, we began the process of revamping programs we offer to schools and other groups. One of the realizations we came to was that we need even more volunteers to help us achieve our mission

Volunteers: Keys to Our Success



of bringing people and nature together. With that in mind, we are looking for members of the community who would be specifically interested in helping deliver our weekday educational programs.



is that the future success of our school-based programs rests on the combined talents and skills of our naturalists and volunteers.

If you are interested in being an education volunteer, please contact Craig Hensley at 655-6263 ext. 227 or stop by and fill out a volunteer application. Our goal is to begin training volunteers by September 1 of this year. We hope you'll consider this special and rewarding opportunity!

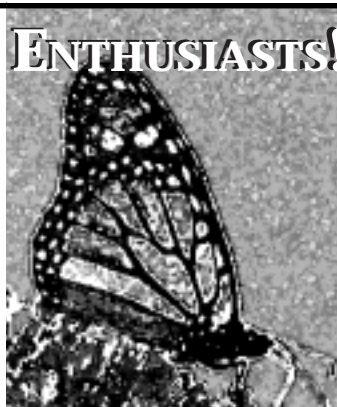


ATTENTION BUTTERFLY ENTHUSIASTS!

Join BOW for its first Butterfly Count!

Here is an opportunity to help Burr Oak Woods and have fun during our first annual butterfly count! You'll join other butterfly enthusiasts for a day of citizen science at its best as we survey butterflies throughout the fields and forests of Burr Oak Woods.

Butterflies are insects that can tell us a great deal about the condition of our environment. Known by some as



AUGUST 2ND

environmental indicators, butterflies are sensitive to the actions of humans, both positive and negative. As part of our ongoing efforts to better understand the natural history and dynamics of Burr Oak Woods, this count will afford us the opportunity to establish a baseline count and provide us with an idea of species diversity on the property.

Even if you are just beginning to enjoy the world of butterflies, we need your help. Mark your calendar for Saturday, August 2 and join in this endeavor.

Time: 8 a.m. - 4 p.m.

Ages: 15 and up



Outdoor Concert: Bluegrass ~ Green Side Up!!

Friday evening, September 5th at 7 - 8:30 p.m.



Our mission is to bring people and nature together.



From the Treetops

Have you ever ventured your hand deep into a blackberry thicket and pulled out a few of the ripe juicy berries? Ah, there's nothing like it. Of course, the hard part is getting enough in the bucket instead of your mouth! I remember as a kid picking blackberries with my brothers, sisters, and Mom, and going home to put up some of the best preserves ever tasted. Once spread on a piece of toast, the mosquito bites and scratched up arms seemed like a distant memory and the savory bite made it all worth the effort.

Sumac tea, raspberry cobbler, maybe even a little elderberry wine; we're lucky that the fruits of Missouri present us such a bountiful table of delicacies. The wildlife who reside in Missouri, if only for the summer, also enjoy the seasonal bounty and we often have to beat them to the wild treats. Many songbirds, wild turkeys, deer, fox, coyotes, mice and other rodents, and many other wildlife species eat the berries and fruits of the forest and fields. That's the main reason why collecting is not allowed at Burr Oak Woods, it's for the wildlife not for people.

Gathering these wild berries and other edibles can be a family affair and are a wonderful way to make memories with your children and grandchildren. Whenever I walk the trails here at Burr Oak Woods and see the blackberry bushes with bulging, juicy berries on their thorny branches, I become transformed to years past. I hear the voices of my sisters laughing and giggling as we're picking berries, and see the faces of my little brothers with the tell-tale stains of berries around their mouths, knowing that they've eaten more than have gone into the bucket. Family memories can be rich...what will your children see when they gaze into a blackberry bush?



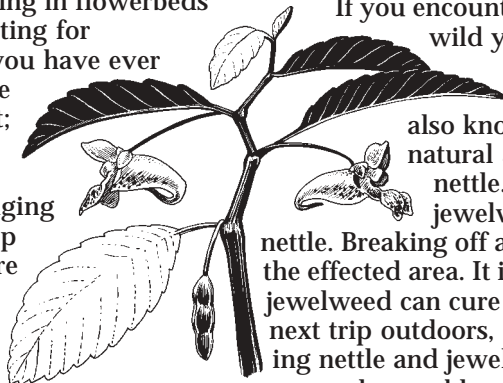
— LYNN YOUNGBLOOD
Nature Center Manager

Critter Corner

Plants to Love and Hate

by Diane Neal

Warning to gardeners and nature lovers: There is a vicious plant lurking in flowerbeds and beside nature trails waiting for unsuspecting passersby! If you have ever encountered this plant in the past, you WILL remember it; just brushing against the leaves or stems causes intense pain. It's called stinging nettle and it strives to live up to its name. However, beware of discarding this plant as you would trash. It has many redeeming qualities that you might find useful. Native Americans used nettle to relieve pain



from arthritis, reduce joint stiffness, and to stop the flow of blood from a wound. In today's medical age, these natural remedies are not as widely used.

If you encounter stinging nettle in the wild you may want to know of a natural antidote to this plant. **Jewelweed**, also known as touch-me-not, is a natural antidote to the stinging nettle. You will usually find the jewelweed growing next to the nettle. Breaking off a leaf or stem and rubbing the effected area. It is also believed that the jewelweed can cure poison ivy. So on your next trip outdoors, try to identify the stinging nettle and jewelweed plants to ensure a more pleasurable experience.

Jim's Fishing Tips



As temperatures rise, my mind wanders south to the beautiful, clear streams of

central and southern Missouri. While canoeing can be great, wading in with a fishing pole in search of smallmouth bass can be equally rewarding and it's a perfect use for an old pair of tennis shoes.

When stream fishing, be sure to wade upstream to minimize disturbing the fish, thus increasing your success. Be sure to cast either upstream or up-across the stream. This allows your bait to float down in a more natural presentation directly to the fish which typically face upstream into the current.

Live bait such as minnows and worms are great, as are live and artificial crayfish, especially since crayfish make up as much as 80% of the smallmouth's diet. And, don't forget about fishing for goggle eye, largemouth and spotted bass, channel cat and walleye. As always, be sure to check area fishing regulations on numbers and size limits before fishing. When you've had all the summer heat you can stand, strap on those old tennis shoes and head south - good times are waiting for you!

(Editor's Note: Volunteer Naturalist Jim Hawes will share fishing tips each month in "The Nutshell." Enjoy!)

Jim Hawes

- NATURAL HAPPENINGS -

- ▲ American goldfinches begin nesting in early August, using thistle down for their nests as well as feasting on the seeds.
- ▲ By mid-month, hummingbirds begin heading south. Watch for increasing numbers at your feeders!
- ▲ By month's end, bucks are rubbing the velvet off their antlers. Watch for these "buck rubs" on small trees.

BURR OAK WOODS Conservation Nature Center

1401 NW Park Road
Blue Springs, Missouri 64015
PHONE 816-228-3766
FAX 655-2627

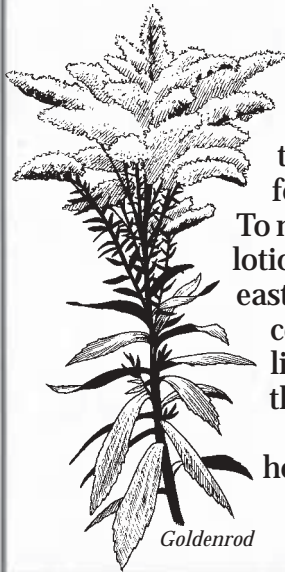
~ Naturalist Notebook ~

Nature's Bounty

by Anna-Lisa Tucker

As the summer heat sets in, many of us tend to run indoors to our nicely air conditioned homes. During this period of intense heat, some of us ask ourselves whether or not there is anything worth venturing outdoors? I'm here to shout with a loud resolving cry, YES! There are wonderful tasty treats and hobbies just waiting for us to gather in Missouri's forests and prairies.

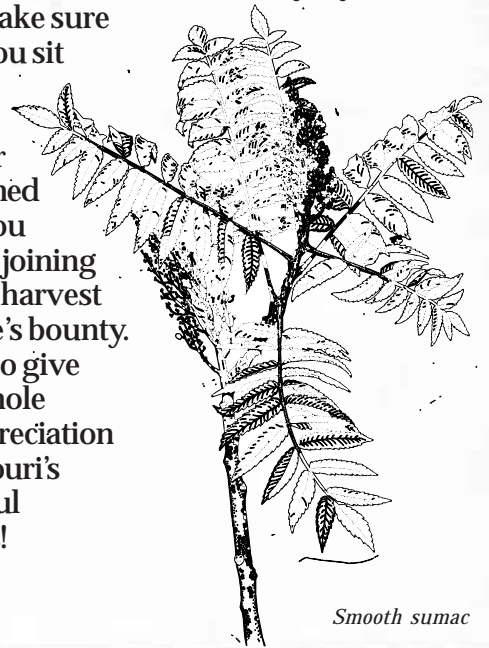
August is the perfect month to head outdoors and finish collecting nature's wonderful bounty. Sweet delectable elderberries are ripe, perfect for the making of jelly. **Goldenrod** and **smooth sumac** are ready to be harvested to make beautiful dyes for your hair or clothing. To make sweet smelling lotion, berries from an eastern red cedar can be collected and used. The list of wild plants and their uses are endless. There is a trick, however, to enjoying this



Goldenrod

great summer harvest! You have to get out and beat the wildlife to them. Many animals, including birds, rabbits, and raccoons enjoy feasting on some of these tasty treats. It's not uncommon to come to an elderberry plant to find half, if not all, of the berries gone, eaten by birds. The trick is to get out and start collecting early!

There are so many uses for our natural plants that Burr Oak Woods has dedicated a whole month of programs to help teach you how to better use Missouri's natural resources. Join us for a class in natural remedies, soap making, jelly making, tree identification and woodcrafts, ty-dyes, and more! Make sure before you sit down in your nicely air conditioned home, you consider joining us in the harvest of nature's bounty. It's sure to give you a whole new appreciation for Missouri's wonderful outdoors!



Smooth sumac

Burr Oak Woods' Staff Profile

Stephanie Acers

**What do you like about working here?**

Knowing that everyday I have the chance to bring people and nature together.

Family:

Married to Randy, 3 years.

How long have you been with the Missouri Department of Conservation?

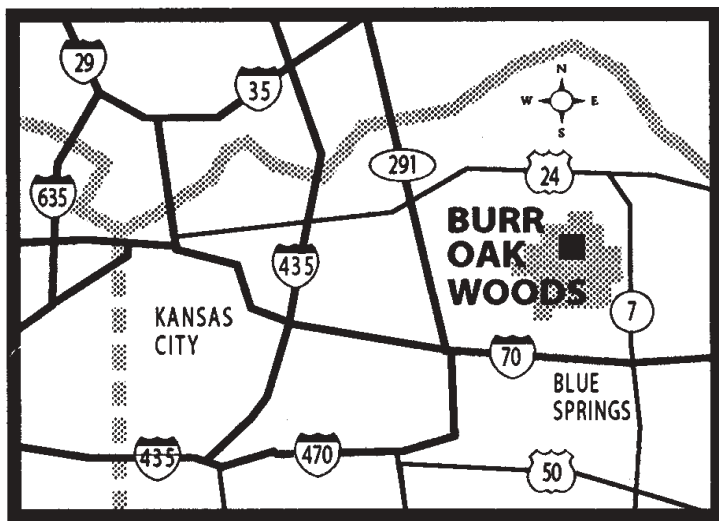
8 months.

Hobbies:

Bird watching, camping, canoeing, fishing, and gardening.

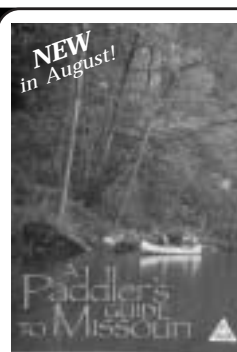
Other Points of Interest:

I have a 2½ year old Alaskan malamute named Kane. I enjoy dog training and other activities with him.



BURR OAK WOODS CONSERVATION NATURE CENTER is located one mile north of I-70 on Hwy 7, one mile west on Park Road. The Nature Center is open Monday through Saturday 8:00 a.m. to 5:00 p.m. and noon to 5 p.m. on Sundays. **Area Hours: the area and trails are open 8:00 A.M. to 8:00 P.M. for Daylight Savings Time.** No pets allowed. There is no admission fee. The Nature Shop closes at 4:30 p.m. Phone: 816-228-3766

LEARN MORE ABOUT BURR OAK WOODS BY VISITING OUR WEBSITE AT:
WWW.BURROAKWOODS.ORG



A Paddler's Guide to Missouri

The Conservation Department is replacing its former river guide, *Missouri Ozark Waterways*, with *A Paddlers' Guide to Missouri*, which includes central and northern streams that paddlers and anglers can enjoy. By providing updated and more floating information for new stream areas in different parts of the state, the Conservation

Department hopes to encourage more people to get out and discover nature along Missouri's streams. This publication is available at the gift shop!

SEPTEMBER EVENTS AT GLANCE!



Friday, September 12 at 7 p.m.
Feast of Color and Sound
-Live Performance!-

Saturday, September 13 at 10 a.m.
Nature & the Arts:
Ann Grotjan
Nature Pottery



MARK YOUR CALENDARS!!
Details in September Nutshell.



The Nutshell

BURR OAK WOODS CONSERVATION NATURE CENTER
 MISSOURI DEPARTMENT OF CONSERVATION
 1401 NW PARK ROAD - BLUE SPRINGS, MO 64015

PRSR.T.STD.
 US POSTAGE PAID
 JEFFERSON CITY MO
 PERMIT 274

AUGUST EVENTS *at Burr Oak Woods*

REGISTRATION

Call Burr Oak Woods Conservation Nature Center on or after August 1 to register for these free programs (Phone 228-3766 V/TDD). If you have to cancel, please call as soon as possible so someone on the waiting list can attend.

Saturdays in August! Grandma's Story Time

2, 9, 16, 23, 30

Join "Grandma" for her weekly story time. Volunteer-naturalist Grace Riechmann will share her love of children's literature with fun-filled, nature-oriented stories, puppets and more! No registration is required.

Time: 1:00 - 2:30 p.m.

Ages: All Ages

2 *Saturdays*

16 Family Fishing

It's time again to take someone fishing! Bring your young ones out for a morning of fishing fun at Burr Oak Woods. You'll learn the ins and outs of fishing and then bait a hook and try your luck at our fishing pond. We provide the bait and equipment. Participants 16-65 years of age must have a valid Missouri fishing license which can be purchased at the Nature Center. Please call to register.

Time: 9:00 - 11:00 a.m.

Ages: Families (5 and up)

2 *Saturday*

Adults Only:

Natural Soap-making

Have you always wondered how they made soap in the old days? Have you wanted to make your own soap with your favorite scent? Come join us as we make it the natural way! Bring your own dried flowers and scented oil. Please call to register.

Time: 10:00 a.m. - 12:00 p.m.

Ages: Adults (20 and over)

2 *Saturday*

3 *Sunday*

Nature Movies: Survival

Which hated insect is the greatest survivor of all? How do young animals learn the tricks of survival.

Time: 1:00 p.m.

Ages: All

8 *Friday*

Adults Only: Making Wild Berry Jams and Jellies

Have you ever wanted to learn how to make jam? Ever wonder where to find wild berries? Then this class is for you! Join us for this hands-on introductory class as we give you the ins and outs of where to find such fruits as elderberries, gooseberries, and blackberries, and how to make them into the perfect jelly. There will be samples for all to enjoy! Please call to register.

Time: 10:00 a.m. - 12:00 p.m.

Ages: Adults (20 & over)

9 *Saturday*

Babe's in the Woods

Hey babies! Tell your mom and dad! Burr Oak Woods has a new program just for you! We are going out on a sensory nature hike designed just for babies ages 1 - 3! Don't forget your stroller! Please call to register.

Time: 10 - 11:00 a.m.

Ages: 1 - 3 years

9 *Saturday*

Little Acorns:

We All Scream for Ice Cream!

Brings your little naturalist out for a cool delicious treat as we make our very own homemade ice cream! We will discover how nature's bounty can make our treats even more incredibly yummy! Please call to register.

Time: 1:00 - 2:30 pm

Ages: 3 - 6

9 *Saturday*

10 *Sunday*

Nature Movies: Animals in City

Cities are home to a surprising number and variety of wild animals. Can you name them all?

Time: 1:00 p.m.

Ages: All

10 *Sunday*

Burr Oak Woods Hiking Club

Join the volunteer naturalists for a wonderful afternoon of hiking at Landahl Park in Blue Springs. A great program to meet new friends! Bring water bottle and dress for the weather. Please call to register.

Time: 1:00 - 4:00 p.m.

Ages: Adults (20 and up)

10 *Sunday*

Nature's Sketchbook

Being out in the field and sketching our natural world is the perfect way to study nature. Bring sketchbook and creative spirit! Please call to register.

Time: 2:00 - 3:30 pm

Ages: Adult (20 and up)

13 *Wednesday*

What do trees do for you?

From bowls to chairs, from floors to ceilings, trees provide us with a multitude of products. Come learn about some of the most useful trees in Missouri and make something useful for your home. Whether it's a new wreath or a pretty basket, let your imagination run and create a wonderful home accessory of your

very own. Please call to register.

Time: 10:00 a.m.

- 12:00 p.m.

Ages: 12 to Adult

Be sure to check the next page for more programs!

AUGUST EVENTS *at Burr Oak Woods*

13 *Tuesday*

Conservation Kid's Club:

Colors to Dye For

In ancient times, people did not have stores where they purchased their clothes. They did not have art supply stores to buy materials to create art. They found all of these things in nature's bounty. Join us as we discover nature's colors to dye for! Please bring a white t-shirt. Please call to register.

Time: 1:00 - 3:00 p.m.

Ages: 7 - 10 years

16 *Saturday*

Dr. Nutcase Experiment Hour!

Dr. Nutcase has a new challenge for you. How can you dye a shirt with out using store-bought chemicals? Nature provides many plants and fruits that will change your clothing forever! Come and discover the different tie-dyeing alternatives and experiment with some different colors! Please bring a white t-shirt to dye. Please call to register.

Time: 1:00 - 2:30 p.m.

Ages: 7 and up

17 *Sunday*

Families: Making Wild Berry Jams and Jellies

Have you ever wanted to learn how to make jam? Ever wonder where to find wild berries? Then this class is for you! Join us for this hands-on introductory class as we give you the ins and outs of where to find such fruits as elderberries, gooseberries, and blackberries, and how to make them into the perfect jelly. There will be samples for all to enjoy! Please call to register.

Time: 1:30 - 3:30 p.m.

Ages: Families

23 *Saturday*

Golden Oaks & Tots

Set aside some time to enjoy Missouri's favorite past-time, fishing! We'll show you the "hows" and "where's", you put together "when." This program is sure to get you hooked! We provide the bait and equipment. Participants 16-65 years of age must have a valid Missouri fishing license which can be purchased at the Nature Center. Please call to register.

Time: 8:30 - 10 a.m.

Ages: Grandparents & Tots (4-6)

23 *Saturday*

24 *Sunday*

Nature Movies: Sight

How does a frog or a dragonfly see? Which animal sees color beyond human imagination? This movie will reveal these and other secrets of animal sight.

Time: 1:00 p.m.

Ages: All

24 *Sunday*

Deaf Families and Friends:

Ice Cream Making!

Come and join us as we go for a cool delicious treat as we make our very own homemade ice cream! We will discover how nature's bounty can make our treats even more incredibly yummy! Please call to register.

Time: 3:00 - 4:30 p.m.

Ages: Families & friends

30 *Saturday*

Lotions, Potions, and Notions

Join us for a peek into the fascinating world of herbal remedies. We will be learning about some of Missouri's native plants and their various uses. Hike included. Please call to register.

Time: 10:00 a.m. - Noon

Ages: Adults (ages 20 & up)

30 *Saturday*

On Gossamer Wings: Butterflies, Part III

Join IPS Craig Hensley for the third of four monthly field trips to learn about and identify butterflies that inhabit Burr Oak Woods. Please bring binoculars and a butterfly field guide, if available, and be prepared for hot weather. Please call to register.

Time: 10:00 a.m. - Noon

Ages: Adults only (20 and up)

30 *Saturday*

31 *Sunday*

Nature Movies:

Missouri's Tallgrass Prairie

Journey into this exciting world of color, energy and life; and experience the treasures that make it special.

Time: 1:00 p.m.

Ages: All

31 *Sunday*

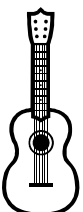
Touch Me, Touch Me Not

Burr Oak Woods is full of wonderful things to see and touch, but BEWARE... some just might be hazardous to your health. Join us as we learn about the poisonous plants and animals of Missouri. Hike included. Please call to register.

Time: 2:00 - 3:30 p.m.

Ages: Families

MARK YOUR CALENDAR!



Family Outdoor Bluegrass Concert by Green Side Up!

Friday, September 5th at 7 p.m.

Come join us and have a musical good time!

